

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: LIFECARE CENTER EAST (dba Options for Women East)

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Goal: To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas

For the period: April, May, June 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide ongoing guidance, assessment and supervision to grant staff; complete grant forms; track grant budget; attend required grant meetings		Budgets were tracked, staff provided with training on assessing clients for depression during pregnancy. This training paid off in that one young client in our prenatal program was experiencing depression but was afraid to tell her family. Our Mentoring Program Coordinator who had been working with her recognized the signs and was able to help her seek intervention.	
Outreach	Program staff will network within the community to provide education regarding our services		Staff met with Coordinated Access to Housing and Shelter to share our programs. We also networked with local PHN's.	
Crib Distribution/ Sleep Safety Education	Provide Safe Sleep Education	8	This quarter we had two clients that are having their 2 nd child many years after their first. While watching the safe sleep video, both clients shared that they didn't know most of the information given to them. Given the length of time between children, they were unaware of back to sleep, no bumpers or soft materials in bed, and slat regulations for cribs. This brought attention to the fact that even second time parents may not always be up-to-date on current regulations and policies. The safe sleep video & literature gave them the knowledge to give their child safe sleeping habits and what to look for when choosing a safe sleep location.	40

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Life-Skills Education Program	Provide life-skills education	12	This quarter one of our clients started Life Coaching sessions in our Bridges program. She has learned to discover her values, how to set boundaries with people in her life, and how to set intentions for her future. So far she has started to create positive decisions to fulfill a healthy lifestyle for herself and her daughter who is 6 months old by eating right, exercising, and following her plan despite adversity at home. Victoria has also decided to continue her college education by enrolling in classes for fall and working on her driving skills to receive her driver's license. All of these intentions were sourced from within her, the life coaching just helped reveal them and bring their reality to life. She will continue her life coaching learning how to express gratitude and looking at her circles of support. The life coaching for Victoria has let her grow as a person and mother in countless ways.	47
Mentoring Program	Provide prenatal and parenting education in an incentive program	12	This quarter another client, a single mom, had her 7 th child and she requested parenting information to help the older children deal with the new baby. We watched parenting videos and talked about tactics she could introduce into her family to meet her goals. By following some of the parenting suggestions from our videos, she has started having purposeful one-on-one time with each child throughout the week while still meeting the needs of the baby. She has learned that by modeling good behavior of herself, she is teaching her children how to be respectful, have a good work ethic, and love others. Despite the heavy loads she carries, she realizes that she is laying the foundation for her children by showing affection to each other, giving responsibility, and with the older ones, allowing them to make choices on their own. This has allowed her to parent while giving choice to the older children to learn and grow. It has been a joy to watch her try new ideas with parenting and learning from the good and the bad.	57

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Nutrition	Provide prenatal vitamins to clients having ultrasounds; provide education on prenatal nutrition and prenatal vitamins	30	Our nurses provided prenatal vitamins to each woman who had an ultrasound. Three of the women stated they had not taken prenatal vitamins in previous pregnancies.	35
Pregnancy Education	Nurses provide education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care	30	Nurses provide education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care to 34 clients this quarter. Of these 5 entered into early prenatal care as part of our Prenatal Care Program. All having a first appointment by 10 weeks.	34
Pregnancy Testing	Provide program eligibility assessment, pregnancy counseling and testing	50	78 clients had pregnancy tests and received screening and education. Of these 42 tests were positive. These clients were screened for necessary services and program eligibility. They were given information about the services we could provide for them.	78
Ultrasound	Provide ultrasounds, education and counseling	30	Our sonographers provided 35 ultrasounds with education and counseling this quarter. The importance of entering into early prenatal care was stressed with each	35

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	NA
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	15
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	40
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	40
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	9
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	40

Challenges: Our sonographer was out of the office for recertification training three days this quarter.

Comments: This quarter we made some additions to materials covered with our positive pregnancy test clients. Each one receives printed information on Safe Sleep, Child Abuse Prevention, and Abusive Head Trauma. This information is reviewed and explained thoroughly to them during the pregnancy test appointment. They are asked if they understand and if they have any questions. This change was made because this may be the only time they receive this information if they do not enter into our Mentoring or Prenatal Care Program.